

# Fairfax County School Health Promotion

## October Tips of the Week for Middle School

### Be Strong Like a Super Hero, Start Your Day with a Healthy Breakfast!



Start each tip with this intro:

“Welcome to Your Healthy Tip of the Week!”

#### **Week 1:**

Did you know that breakfast is the most important meal of the day? It jump starts your brain and helps you to be more alert and focused during the school day. Be smart and eat a healthy breakfast that consists of whole grains, fiber, and protein.

Tune in next week for another Healthy Breakfast Tip.

#### **Week 2:**

Did you know a healthy breakfast that has fiber and protein keeps you full longer so that you can concentrate on your school work and make it to lunch? So make sure you eat a well-balanced breakfast that has fiber and protein in it. You don't want your stomach talking to you.

OR

Did you know that students who eat a healthy breakfast every morning tend to not over-eat throughout the day? If you skip breakfast you're more likely to choose high fat or high sugar items and eat more calories than you need. By eating a healthy breakfast individuals tend to choose healthier items which ultimately lead to a healthier weight.

Tune in next week for another Healthy Breakfast Tip.

#### **Week 3:**

Do you want to be strong like a super hero? Well make sure you grow strong bones and get your calcium for the day! Milk, cheese and yogurt are all a good source of calcium for breakfast.

Tune in next week for another Healthy Breakfast Tip.

#### **Week 4:**

Have you ever seen a super hero sick? Did you know that you can help to prevent infection by eating Vitamin C rich foods? Fruits such as oranges and strawberries have tons of vitamin C to keep you healthy. Mix them with plain yogurt and granola or blend them into a smoothie for a healthy breakfast.

Tune in next week for next month's healthy tip of the week!



## **References:**

- <http://www.fldoe.org/contact-us/search.stml?q=wellness+wake+up+call>
- <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/expert-answers/food-and-nutrition/faq-20058449>
- <http://childnutrition.ncpublicschools.gov/programs/sbp/breakfast-is-brain-fuel-toolkit/promotional/bbf-promo-09.pdf>
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A Fairfax County, Va., publication. August 2015. If you would like this information in another format please call 703-246-2411, TTY 711.

This resource is provided by the Fairfax County Health Department for use by the Fairfax County Public Schools and other community organizations.

